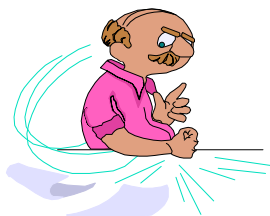


# Annapolis Senior Center

1027 Bay Ridge Avenue  
Annapolis, MD 21403  
(Eastport Shopping Center)

Phone: 410-222-1818 Fax: 410-222-1216  
Monday—Friday 8:00 a.m. to 4:30 p.m.

ANNE ARUNDEL COUNTY DEPARTMENT OF AGING



From The Director, Ed Casey



As I write this on January 6, it is once again a wintry mix outside—schools being delayed two hours. I, once again, direct you to our **Inclement Weather Policy on Page 7**. I will, also, update the message on our answering machine. Just call our main number at 410-222-1818.

**2003 Trips**— Our brochure is out and we hope you will travel with us in 2003! Please, do adhere to the hours that Trip Committee members are available to take your reservations and payments (noted on the front of the brochure). If you absolutely cannot make it during one of these times, please see myself or Jo, and we will do our best to accommodate you. **See Page 8 for trip details!**

**VITA (Income Tax Assistance)** - It is that time of year again to pay Uncle Sam, or if you are lucky, have him pay you! **Please see Page 5 for details!**

**Suggestion Box**— By the time you read this, our new suggestion box should be in place. It will reside on top of the display case. I encourage you to leave your comments, suggestions, praises and complaints here. Slips of paper will be available for your use. Whether or not you leave your name is up to you. Of course, if you ever want to approach Jo, Robyn or myself with any of the above, feel free to do so!

## Inside this issue:

Daily Schedule	Pages 2 & 3	Birthdays	Page 6	Menu	Page 9
Highlights	Page 4	Advisory Council	Page 6	Phone #s	Back Page
Tax Assistance	Page 5	Future Events	Page 7	Staff Info.	Back Page
Black History Mth.	Page 5	Weather Policy	Page 7	E-Mail	Back Page
Ongoing Services	Page 6	Trips	Page 8		

Web Site: [www.aa-aging.org](http://www.aa-aging.org)

## Daily Schedule—February 2003

### Monday February 3

8:30 Aerobics  
**10:00 Current Events**  
 10:00 Ceramics  
 12:00 Lunch  
 12:45 Ceramics  
 1:30 Opera Appreciation



### Tuesday, February 4

8:30 Aerobics....UM  
**8:45 Flex & Stretch w/Wts.**  
 9:00 Woodcarving  
 9:15 Weight Training....UM  
 10:15 Needlecrafts  
**10:30 Elderhood: This Is Your Life...UM**  
 12:00 Lunch  
 12:30 Applique  
 1:00 Adaptive P. E. w/Jane  
 1:00 Knitting  
 2:30 History: The Elizabethan Theatre

### Wednesday, February 5

8:30 Aerobics  
 9:30-12:00 Blood Pressure & Glucose Monitoring  
**9:30 Digital Photography**  
 10:00 Keep Your Mind Alert  
 12:00 Lunch  
 12:30 Crafts  
 12:45 Open Bridge  
 1:00 Intermediate Spanish  
 1:00 Adaptive P. E. w/Anne

### Thursday, February 6

8:30 Aerobics....UM  
**8:45 Flex & Stretch w/Wts.**  
 9:15 Weight Training....UM  
 9:30 Painting & Drawing  
 10:15 Bingo  
 12:00 Lunch  
**12:30 Holiday Bazaar Work shop...Details on Page 4!**  
 1:00 Beginning French  
**1:00 Yoga....UM**  
 1:00 Duplicate Bridge

### Thursday, February 6...cont'd

3:00 'Touchstones'  
 Discussion....UM

### Friday, February 7

8:30 Aerobics  
**9:30 Effective Colored Pencil Technique**  
**10:00 Walking Club....**  
**Annapolis Mall...Sign Up Req'd**  
 10:00 Craft Clinic w/Thea  
 12:00 Lunch  
 1:00 Art: Watercolor  
**No Keep Your Mind Alert Today!**

### Monday, February 10

8:30 Aerobics  
**10:00 Current Events**  
 10:00 Ceramics  
 12:00 Lunch  
 12:45 Ceramics  
 1:30 Opera Appreciation

### Tuesday, February 11

8:30 Aerobics....UM  
**8:45 Flex & Stretch w/Wts.**  
 9:00 Woodcarving  
 9:15 Weight Training....UM  
**10:00 Ceramics Trip**  
 10:15 Needlecrafts  
**10:30 Elderhood: This Is Your Life....UM**  
 12:00 Lunch  
 12:30 Applique  
 1:00 Adaptive P. E. w/Jane

### Tuesday, February 11...cont'd

1:00 Knitting  
 2:30 History: The Elizabethan Theatre

### Wednesday, February 12

8:30 Aerobics  
 10:00 Keep Your Mind Alert  
 12:00 Lunch  
 12:30 Crafts  
 12:45 Open Bridge  
 1:00 Intermediate Spanish  
 1:00 Adaptive P. E. w/Anne

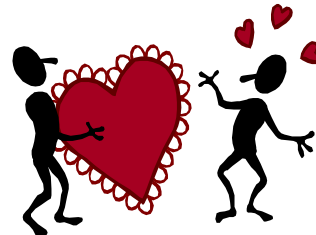
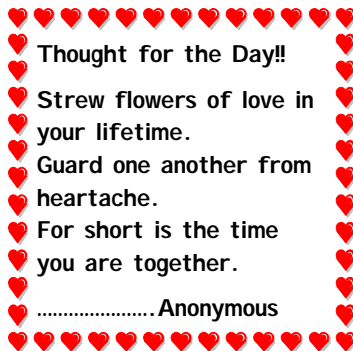
### Thursday, February 13

8:30 Aerobics....UM  
**8:45 Flex & Stretch w/Wts.**  
 9:15 Weight Training....UM  
 9:30 Painting & Drawing  
 10:15 Bingo  
**11:30 DINING OUT.....Double T SIGN UP REQUIRED BY 2/6**  
 12:00 Lunch  
 1:00 Beginning French  
**1:00 Yoga....UM**  
 1:00 Duplicate Bridge  
 3:00 'Touchstones'  
 Discussion....UM

### Friday, February 14

### **Valentine's Day!!**

8:30 Aerobics



## Daily Schedule—February 2003

### Monday, February 17

**CENTER CLOSED**

**Washington's Birthday**

### Tuesday, February 18

8:30 Aerobics....UM  
**8:45 Flex & Stretch w/Wts.**  
 9:00 Woodcarving  
 9:15 Weight Training....UM  
 10:15 Needlecrafts  
**10:30 Elderhood: This Is Your Life....UM**  
**10:30 Sewing**  
 12:00 Lunch  
 12:30 Applique  
 1:00 Adaptive P. E. w/Jane  
 1:00 Knitting  
 2:30 History: The Elizabethan Theatre

### Wednesday, February 19

8:30 Aerobics  
 9:00 Computer—Advanced  
 9:30-12:00 Blood Pressure & Glucose Monitoring  
 10:00 Keep Your Mind Alert  
 12:00 Lunch  
 12:30 Crafts  
**12:45 'Chesapeake Underground'....Details on Page 5!**  
 1:00 Intermediate Spanish  
 1:00 Adaptive P. E. w/Anne  
**No Open Bridge today!**

### Thursday, February 20

8:30 Aerobics....UM  
**8:45 Flex & Stretch w/Wts.**  
 9:15 Weight Training....UM  
 9:30 Painting & Drawing  
 10:15 Bingo  
 12:00 Lunch  
**12:30 Holiday Bazaar Workshop...Details on Page 4!**  
 12:45 Advisory Council....UM

### Thursday, February 20..cont'd

1:00 Beginning French  
**1:00 Yoga....UM**  
 1:00 Duplicate Bridge  
 3:00 'Touchstones'  
 Discussion....UM

### Friday, February 21

8:30 Aerobics  
 9:00 Computer—Advanced  
**9:30 Effective Colored Pencil Technique**  
 10:00 Craft Clinic w/Thea  
 10:00 Keep Your Mind Alert  
 12:00 Lunch  
 1:00 Art: Watercolor

### Monday, February 24

8:30 Aerobics  
**10:00 Current Events**  
 10:00 Ceramics  
 12:00 Lunch  
 12:45 Ceramics  
**No Opera Appreciation today!**

### Tuesday, February, 25

8:30 Aerobics....UM  
**8:45 Flex & Stretch w/Wts.**  
 9:00 Woodcarving  
 9:15 Weight Training ....UM  
 10:15 Needlecrafts  
**10:30 Elderhood: This Is Your Life....UM**  
 12:00 Lunch  
 12:30 Applique  
 1:00 Adaptive P. E. w/Jane  
 1:00 Knitting  
 2:30 History: The Elizabethan Theatre

**Reminder.....**

**Volunteers - Don't forget to log your hours in our Volunteer Log Book!!**

### Wednesday, February 26

8:30 Aerobics  
 9:00 Computer—Advanced  
 10:00 Keep Your Mind Alert  
 12:00 Lunch  
 12:30 Crafts  
 12:45 Open Bridge  
 1:00 Adaptive P. E. w/Anne  
 1:00 Intermediate Spanish

### Thursday, February 27

8:30 Aerobics....UM  
**8:45 Flex & Stretch w/Wts**  
 9:15 Weight Training....UM  
 9:30 Painting & Drawing  
 10:15 Bingo  
 12:00 Lunch  
 1:00 Beginning French  
**1:00 Yoga....UM**  
 1:00 Duplicate Bridge  
 3:00 'Touchstones'  
 Discussion....UM

### Friday, February 28

8:30 Aerobics  
 9:00 Computer—Advanced  
**9:30 Effective Colored Pencil Technique**  
**10:00 Walking Club.... Annapolis Mall**  
**SIGN UP REQUIRED by 2/21.**  
 12:00 Lunch  
 1:00 Art: Watercolor  
 2:00 Long Term Care Presentation - See Page 6!  
**No Keep Your Mind Alert Today!**



Legend:

**UM - Eastport United Methodist Church**

## Program Highlights—February 2003

**“MONTHLY SEWING CIRCLE”**.....The Sewing Class is held on the 3<sup>rd</sup> Tuesday of every month at 10:30 a.m. Mary Smith is the instructor. Check the daily schedule each month for the date.

**“THEA’S CRAFT CLINIC”** is scheduled on the 1<sup>st</sup> and 3<sup>rd</sup> Friday of the month, from 10:00 – 12:00. Bring your ailing projects – knitting , crochet, etc., to Dr. Thea; OR if you just want to learn a wool craft, come and join us. There is no charge for this class but senior center membership is required.

Cards and Games are played daily at the Center. Come and join us!

Thursday  
February  
6 & 20  
12:30 pm

### HOLIDAY BAZAAR WORKSHOP

It’s time to begin again! Our Bazaar Workshops start this month. Volunteers are always needed and very welcome . Join us and bring your ideas and suggestions. Evelyn Bacon and Marie Lloyd are the instructors for the workshops.



Friday  
February 14  
10:00 am

### LOVE LETTERS.....Theatre Production

We welcome Gerald Riley and Karen Lambert from The Wheatfield Theatre Company back to the Annapolis Center. They will present “Love Letters” by A. R. Gurney. Love Letters is performed in two acts and the setting is the respective studies of the protagonists, Melissa and Andy. The time is the present as well as the past. This is a free performance but registration is necessary. Sign up by calling or stopping by the Center.

Wednesday  
February 19  
12:45 pm

### CHESAPEAKE UNDERGROUND:

Chartering a Course Toward Freedom.....Mr. Vincent O. Leggett  
In Honor of Black History Month. SEE PAGE 5 FOR DETAILS!  
Please sign up if you plan on attending.

### PLEASE NOTE!!

### Free Cell Phone for 911

The next distribution of cell phones for 911 purposes has been postponed due to a shortage of phones. The Anne Arundel County Police Department will return to the Annapolis Senior Center when their cell phone supply is replenished. Don’t forget to check the monthly newsletter! Those persons who have already signed up will receive a call when a date has been set.





**V.I.T.A.**

**VOLUNTEER INCOME TAX ASSISTANCE**

*Tax season begins at the Annapolis Senior Center in February! Trained tax volunteers will be available at the center from February 3rd until April 4th. They will be available to assist you with "SIMPLE" 2002 Income Tax Returns. The senior center cannot do returns involving partnerships or corporations, self-employed persons or rental properties. APPOINTMENTS ARE REQUIRED.*

## ***Black History Month***

**Wednesday, February 19th**

**12:45 P.M.**

**Chesapeake Underground: Charting a Course Toward Freedom**

**Guest Speaker: *Mr. Vincent O. Leggett***

Mr. Vincent Leggett is the Founder and President of the Blacks of the Chesapeake Foundation. He was recently appointed and commissioned as an honorary "Admiral of the Chesapeake Bay" by the Governor of Maryland. This honor is the highest award that a Maryland Governor can bestow on a private individual.

Join us at the Annapolis Center as Mr. Leggett presents a multimedia exhibit and lecture that focuses on the Underground Railroad and its relationship to the Chesapeake Bay and its tributaries.

**We welcome the Sixth Grade Students from St. Anne's Day School, who will be joining us for the presentation.**

Light refreshments will be served.

*Annapolis Senior Center*

## Ongoing Services

**Blood Pressure/Glucose Monitoring** – is offered on the **first and third Wednesday** of each month; no appointment is necessary. Donations are accepted. **Senior Center membership is required.**

**Information & Assistance** - Paul Haughton, Information & Assistance specialist with the Department of Aging, is now available on the **4<sup>th</sup> Friday** of the month, **by appointment**, to assist seniors in defining needs, and locating and filing for appropriate services and programs.

**See Ed or Jo to schedule an appointment.**

**SHIP (Senior Health Insurance Program)** - Trained volunteers are available to assist you with problems and/or concerns regarding your medical insurance, on the **2nd & 4<sup>th</sup> Thursday of the month, by appointment.**

On the **4<sup>th</sup> Friday of every month at 2:30 p.m.**, Susan Knight, Director of SHIP, addresses the issue of Long Term Care Insurance. Join us for this valuable informational presentation.

**Dining Out/Shopping Trips** – We offer both trips once a month to an area shopping center and restaurant. See the daily schedule for details. Commitment fee applies.

**Walking Club** - Get exercise while having fun! Two Fridays a month our Walking Club walks at a local mall or park. For more information please call the Center.

### **FEBRUARY Birthdays: HAPPY BIRTHDAY TO THOSE LISTED BELOW :**

Kathy Arnett, Robert Beck, Gordon Bedford, Mary Boak, Norman Boettcher, Alva Bowen, Martha Carson, Ann Chellis, Doris Conley, Alice Cronin, Jeanne Dawson, Dixie Duvall, Joan Fedorkowicz, BettyJo Gormley, Essie Herman, Robert Isaac, Richard Jones, Carol Kerr, Rosemary Kouroupis, Esther Krolicki, William Lively, Lois McGovern, Betty Owen, Rose Parkinson, Virginia Peterson, Michal Simms, Noriko Taylor, Robert Thomas, Philip Thompson, Delores Washington, Doris Wayson, Kenneth Weibel.



**This month the Birthdays will be celebrated on Friday, February 14th at 12:30 p. m.**

### **Advisory Council Members visit Annapolis Center!**

Each month, representatives of the Advisory Council are



available at the Annapolis Senior Center at specified dates and times. It is an opportunity for Center members to meet with their Council representatives, address concerns and issues, and make suggestions. This month, Jane Cartney will be at the Center on Wednesday, February 12, from 11:30 am to 1:00 pm. On Tuesday, February 25, Louise Cole will be available from 11:30 am to 1:00 pm.

\*\*\*\*\*

## *Looking into the future.....*

### **Coming in March:**

#### **TYPES OF SCAMS.....'OFFICER JOE'**

**MARCH 11, 12:45 P.M.**

Officer Joe Hatcher will be at the Center to update us on the current SCAMS. Join us for this informative session and learn how to protect yourself from being exploited.

**Please sign up if you plan on attending.**

#### **55 ALIVE DRIVER REFRESHER COURSE**

**MARCH 24 & 25, 9:30 A.M. - 2:30 P.M.**

A certificate is issued upon completion of this two day A.A.R.P. sponsored class. This driver's training is honored by many Insurance companies for a reduction in premium. The class fee is \$10.00, with checks payable to A.A.R.P.

**Pre-registration is required, and payment must be made by Friday March 14<sup>th</sup>.**



### **Starting in April.....**

The Anne Arundel County Department of Aging Family Caregiver Program will present "Caring for the Caregiver". This free 8 part educational series is for caregivers of all ages. The program will be held on Wednesday evenings from 7:00 pm to 9:00 pm, starting April 2<sup>nd</sup>. More information will be forthcoming. Check the March newsletter!



### ***INCLEMENT WEATHER POLICY***

*Listen to your radio or television. The Center will be closed if all Anne Arundel County Government Offices are closed. If Anne Arundel County Schools are closed, all activities at the Center are cancelled, including lunch and transportation. If the schools open late, the center will also open late. All classes prior to 10:00 a.m. will be cancelled. Classes that begin at 10:00 a.m. or later will be held as scheduled. In the event of early school closure all classes starting at 1:00 p.m. or later will be cancelled.*

# 2003 TRIPS

The Trip Committee has put together an outstanding selection of trips for you!

Below are some of the trips we are offering. Be sure to take a Trip Brochure, which lists all the trips and related information.

To sign up for trips please bring:

- \* Your gold membership card
- \* The name and phone # of your emergency contacts

Please make a note of Trip Desk hours:

Monday & Friday      10 am - 12 pm  
Tuesday & Wednesday   1 pm - 3 pm

Plan early so you do not miss out on these fabulous trips!



**Ladew Gardens**

**Asheville/The Biltmore/Monticello**

**Ireland**

**Rail and Sail**

**The Berkshires**

**Philadelphia Flower Show**

**INTERNATIONAL SPY MUSEUM**



## FEBRUARY 2003 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Grape Juice Beef Stroganoff Noodles Glazed Carrots Biscuit Fruit Cocktail	4 Potato Soup Knockwurst Baked Beans Sunny Slaw Frankfurter Roll Fruited Gelatin	5 Chicken Veg. Soup Seafood Salad Lettuce/Tomato Spinach Kaiser Roll Stewed Fruit Compote	6 Split Pea Soup Baked Ham Au Jus Mashed Sweet Potatoes Carrot Raisin Salad Rye Bread Chocolate Cake	7 Marinated Grm. Beans Sliced Turkey/Gravy Red Bliss Potatoes Stewed Cabbage Italian Bread Orange
10 Marinated Cucum- bers & Tomatoes Chicken Stew Large Biscuit Tangerine	11 Vegetable Barley Soup Tuna Salad Peas & Pearl Onions Deli Roll Iced Chocolate Cake	12 Veg. Gelatin Salad Beef Burgundy Rotini Winter Blend Veggies. Whole Wheat Bread Apple	13 Cabbage Soup Hamburger Hashbrowns Lettuce/Tomato Sandwich Roll Citrus Fruit Cup	14 Health Salad Roast Beef/Gravy Mashed Potatoes Herbed Carrots Italian Bread Decorated Cake
17 <b>SENIOR CENTER CLOSED</b>  <b>WASHINGTON'S BIRTHDAY</b>	18 Tossed Salad Beef Stew Cornbread Tangerine	19 Chicken Veg. Soup Baked Fish Macaroni & Cheese Stewed Fruit Compote Vienna Bread Chocolate Cake	20 Fruit Cocktail Sliced Turkey with Gravy Sweet Potatoes Green Beans Pumpnickel Brd. Brownie	21 Spiced Apples Pork Chop/Gravy Stuffing Kale Biscuit Sugar Cookie
24 Blended Juice Veal Creole Fettuccini Mixed Vegetables Dinner Roll Sliced Pears	25 Tossed Salad Stuffed Peppers Italian Blend Veggies. Italian Bread Banana Cake	26 Lima Bean Soup Turkey Salad Lettuce/Tomato Herbed Carrots Kaiser Roll Sliced Peaches	27 Tossed Salad Chicken Ala King Broccoli Large Biscuit Baked Apple	28 Chicken Veg. Soup Chopped Steak with Gravy Red Potatoes Marinated Cucum- bers & Tomatoes Pumpnickel Brd. Sugar Cookies
<p>Those under 60 must pay the \$3.36 cost of the meal. Those 60+ please contribute as much as you can towards the cost of the meal. <b>At the very least, reservations must be made by 10:00 a.m. the day before you want the meal. Please call (410) 222-1003. Hours: 9:45 a.m.—1:15 p.m.</b></p>				



Ed Casey	Center Director
Jo Morris	Assistant Director
Robyn Prehn	Receptionist
Pat Haydock	Nutrition Site Manager
James Bias	Transportation Van Driver
Robert Howard	Transportation Van Driver
Reuben Bowman	Custodial Services
E-Mail Address	annapoliscenter@mail.aacounty.org
Center Phone	410-222-1818
Fax	410-222-1216
Nutrition	410-222-1003
Dept. of Aging	410-222-4464
Transportation	410-222-4826
Meals on Wheels	410-
Officer Joe Hatcher	410-222-8585 (Police Liaison)

## **HOLIDAY BAZAAR**

Although our annual Bazaar had to be cancelled (twice!) due to the weather, our Mini Bazaar was very successful. Our Center realized a profit of approx. \$700. The final tally will be forthcoming, as funds are still trickling in. We are grateful to the volunteers who crafted bazaar items during the year and helped with the mini bazaar. A SPECIAL THANKS is due *Katherine Gomoljak* and *Mary Ellen Isaac* for pricing the items and volunteering countless hours to man the mini bazaar and raffle. Thank you, also, to *Evelyn Bacon* who made and donated bazaar items and assisted greatly with the pricing. We couldn't have done it without you all.

**Products and services advertised in this publication are not endorsed or guaranteed by the Annapolis Senior Center, the Anne Arundel County Department of Aging, Friends of Arundel Seniors (FOAS) or FATA, Inc.**